



Moving, Meditating, and Meeting

Join us every Saturday in June at Roosevelt Park in Edison at 7:30 a.m. for a little moving and then at 8:00 a.m. for a little meditating and meeting.

We will meet at the gazebo near the playground and the basketball courts (and the restroom). From there, we can walk around the lake (spiritual stroll? run? or a brisk walk?), perform the stations of the health trail, meditate in the butterfly garden, roller blade, or whatever else you are **moved** to do.

Not feeling moved to move? Come for the fellowship and stay for the meeting.

After a little moving, we'll have a little meeting from 8:00-8:45 a.m. The meeting will start with a few minutes of meditation followed by a different topic each week for sharing.

For directions to Roosevelt Park, visit
<http://www.co.middlesex.nj.us/parksrecreation/roosevelt.asp>

Visit oa-centraljersey.org for a map of the park and our meeting location.

In case the gazebo is being used, bring a lawn chair or blanket to sit on.

Questions? Call Kim at 732-634-6695 (home number) or email kimoa@comcast.net